



July 2013

Update on Sunscreen



Recent studies on sunscreens have suggested they may contain harmful ingredients, including retinyl palmitate, nanoparticles and oxybenzone. The American Academy of Dermatology and the Food and Drug Administration have reviewed the studies and determined the ingredients in question are not harmful.

If you remain concerned, you can find sunscreens without them. Just check the labels - and also look for this information:

- Sunscreens labeled broad-spectrum protect against UVA rays, which cause tanning and skin aging, and UVB rays, which cause sunburn. Both A and B rays can cause skin cancer.
- The AAD recommends using sunscreen with an SPF 30 or more, especially if you have fair skin or have long periods of sun exposure.
- Regardless of a product's SPF, all labels must tell users to reapply sunscreen every 2 hours during sun exposure.
- *Waterproof*, *sweatproof* and *sunblock* will no longer appear on labels. Instead, products may now state if they are water - or sweat-resistant.



City Events

What to Do When You Retire – Deferred Compensation

Monday, July 8 12 noon - 12:45 pm
SMT 1660

Preparing Your Child for College Webinar

Tuesday, July 9 12 noon - 1:00 pm
Registration: See flyer*

Retirement Strategy Check Up - Deferred Compensation

Wednesday, July 17 12 noon - 12:45 pm
SMT 1660

Retirement Strategy Check Up for Employees Retiring in 5-10 Years - Deferred Compensation

Thursday, July 18 12 noon - 12:45 pm
SMT 4080

Ovarian and Breast Cancer: What Women Need to Know

Tuesday, July 23 12 noon - 1:00 pm
SMT 4070

Mammography Screening

Monday, July 22 -Thursday, July 25
See [details](#) on back page



Free Blood Pressure Screening

Wednesday, July 31
Stop by between 10:30 am & 1:30 pm
SMT 4096

Bond Funds 101 - Deferred Compensation

Wednesday, July 31 12 noon - 12:45 pm
SMT 4020

* Or, call Central Benefits at
(206) 615-1340.

Mammography Screening

July 22 - 25
8:00 am - 4:00 pm



The Swedish mobile mammography unit will be parked on 5th Avenue between Columbia and Marion.

Schedule a mammogram appointment:
Ehealth.swedish.org/mammappointment
See [flyer](#) for coverage information. Remember to bring your photo id and medical card.

*Please register by **July 17** if your most recent mammogram was done by another provider. Swedish will request those previous results so the radiologist can compare images.*

To cancel or reschedule: Contact 206-320-2500 or breastcareexpress@swedish.org



News & Notes

- **Supreme Court Ruling on DOMA:** Information will be posted on the implications of healthcare benefits, payroll, deferred compensation, and retirement for same-sex married employees as it is made available.
- **Open Enrollment** is Monday, October 7 through Friday, October 31. Mark your calendar and look for more open enrollment information in the fall.
- **Employee Assistance Program:** With Horizon Health, you and your household members have up to six in-person counseling visits per issue per year at no cost to you. Services also include financial and legal consultation, child care referral, elder care information and other work/life support. Contact: 1-888-272-7252; horizoncarelink.com (user name: city of seattle; password: city of seattle).

General Information

Take Charge! is a general guide to health benefits and healthy behavior. Contact your health care professional with your specific health care concerns.

Where's the Fun?

How do you use your free time? Do you even take free time? Studies show it's important— people who enjoy leisure time are more likely to stay mentally sharp into old age. In the short term, enjoying active personal time can provide balance in your life and help you work better. Take time out:

Play like a kid again. What were your favorite childhood activities? Playing games, playing catch or skating? Find ways to introduce those carefree activities into your adult life. Rediscover the pleasures of childhood.

Put fun on your calendar. Schedule a regular block of time to play tennis, catch a movie or play a round of golf. Making leisure part of your routine ensures that you'll have time for it and feel less guilty about enjoying it.

Take time away from work and other obligations so you can return to them recharged. Time spent on your favorite activities and interests may restore your energy, creativity and positive outlook.

